



## TOMATOES, CANNED, WHOLE

Date: April 2009

Code: A240

### PRODUCT DESCRIPTION

- Canned whole tomatoes are U.S. Grade B or better whole tomatoes.

### PACK/YIELD

- Canned tomatoes are packed in 15 ½ ounce cans, which is about 1 ½ cups or 3 servings (½ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened tomatoes in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### USES AND TIPS

- Add flavor to canned tomatoes by seasoning with garlic, pepper, or herbs such as dried basil or rosemary.
- Canned tomatoes are ready to use in a variety of soups, casseroles, stews, vegetable side dishes, rice dishes, and main dishes.
- Combine canned tomatoes with garlic and cooked, chopped green pepper for an easy pasta topping.

### NUTRITION INFORMATION

- ½ cup canned tomatoes counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of tomatoes provides 20% of the daily recommended amount of vitamin C.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ½ cup (120g) canned tomatoes, whole

#### Amount Per Serving

|                 |    |                          |   |
|-----------------|----|--------------------------|---|
| <b>Calories</b> | 20 | <b>Calories from Fat</b> | 0 |
|-----------------|----|--------------------------|---|

#### % Daily Value\*

|                     |           |
|---------------------|-----------|
| <b>Total Fat</b> 0g | <b>0%</b> |
|---------------------|-----------|

|                  |           |
|------------------|-----------|
| Saturated Fat 0g | <b>0%</b> |
|------------------|-----------|

|              |  |
|--------------|--|
| Trans Fat 0g |  |
|--------------|--|

|                        |           |
|------------------------|-----------|
| <b>Cholesterol</b> 0mg | <b>0%</b> |
|------------------------|-----------|

|                     |           |
|---------------------|-----------|
| <b>Sodium</b> 170mg | <b>7%</b> |
|---------------------|-----------|

|                              |           |
|------------------------------|-----------|
| <b>Total Carbohydrate</b> 5g | <b>5%</b> |
|------------------------------|-----------|

|                  |           |
|------------------|-----------|
| Dietary Fiber 1g | <b>5%</b> |
|------------------|-----------|

|           |  |
|-----------|--|
| Sugars 3g |  |
|-----------|--|

|                   |  |
|-------------------|--|
| <b>Protein</b> 1g |  |
|-------------------|--|

|           |    |           |     |
|-----------|----|-----------|-----|
| Vitamin A | 2% | Vitamin C | 20% |
|-----------|----|-----------|-----|

|         |    |      |    |
|---------|----|------|----|
| Calcium | 4% | Iron | 6% |
|---------|----|------|----|

\*Percent Daily Values are based on a 2,000 calorie diet.

## ITALIAN STYLE VEGETABLES

**MAKES ABOUT 8 SERVINGS**

### Ingredients

- 1 cup canned tomatoes, drained and chopped
- 2 tablespoons vegetable oil
- 1 medium onion, sliced
- 2 small zucchinis, sliced
- 1 cup canned green beans, drained
- 2 cups canned corn, drained
- 1 garlic clove, chopped or ¼ teaspoon garlic powder
- ½ teaspoon dry oregano (if you like)

### Directions

1. Heat oil in skillet; cook onion over medium heat until soft.
2. Add zucchinis, green beans, corn and garlic. If using oregano, add that too.
3. Cook over medium heat for 5 to 7 minutes or until tender. Add tomatoes in the last minute of cooking. Stir occasionally.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

| Nutrition Information for 1 serving (about ½ cup) of Italian Style Vegetables |     |                           |        |                  |        |
|---|-----|---------------------------|--------|------------------|--------|
| <b>Calories</b>   | 100 | <b>Cholesterol</b>        | 0 mg   | <b>Sugar</b>     | 3 g    |
| <b>Calories from Fat</b>  | 40  | <b>Sodium</b>             | 230 mg | <b>Protein</b>   | 3 g    |
| <b>Total Fat</b>  | 4 g | <b>Total Carbohydrate</b> | 15 g   | <b>Vitamin A</b> | 21 RAE |
| <b>Saturated Fat</b>  | 0 g | <b>Dietary Fiber</b>      | 3 g    | <b>Vitamin C</b> | 16 mg  |
|   |     |                           |        | <b>Calcium</b>   | 30 mg  |
|   |     |                           |        | <b>Iron</b>      | 1 mg   |

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

## BAJA BEAN DIP

**MAKES ABOUT 12 SERVINGS**

### Ingredients

- 2 cans (about 15 ounces each) tomatoes, drained and chopped
- 1 can (about 15 ounces) refried beans, no fat
- 1 can (about 15 ounces) corn, drained
- 2 tablespoons chili powder
- 2 cups low-fat cheddar cheese, shredded

### Directions

1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into 8x8-inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

| Nutrition Information for 1 serving (about ½ cup) of Baja Bean Dip |     |                           |        |                  |        |
|--|-----|---------------------------|--------|------------------|--------|
| <b>Calories</b>  | 120 | <b>Cholesterol</b>        | 5 mg   | <b>Sugar</b>     | 1 g    |
| <b>Calories from Fat</b>   | 20  | <b>Sodium</b>             | 440 mg | <b>Protein</b>   | 9 g    |
| <b>Total Fat</b>   | 2 g | <b>Total Carbohydrate</b> | 18 g   | <b>Vitamin A</b> | 54 RAE |
| <b>Saturated Fat</b>   | 1 g | <b>Dietary Fiber</b>      | 4 g    | <b>Vitamin C</b> | 12 mg  |
|  |     |                           |        | <b>Calcium</b>   | 117 mg |
|  |     |                           |        | <b>Iron</b>      | 2 mg   |

Recipe provided by Delmonte.com.